

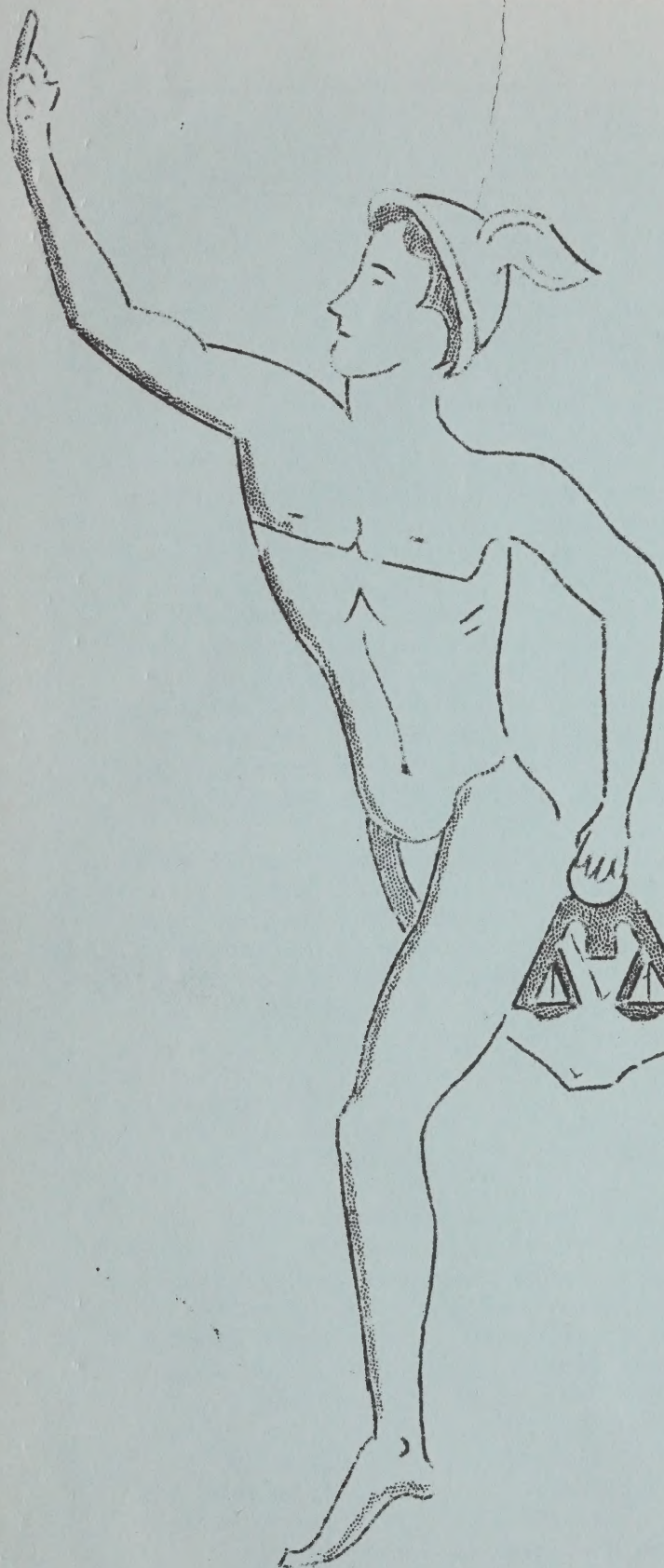
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CENTRE OF CRIMINOLOGY

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VATAR

MERCURY, A ROMAN DIVINITY, IDENTIFIED
WITH THE GREEK HERMES, HE WAS REGARDED
AS THE SON OF JUPITER AND MAIA, AS THE
MESSENGER OF THE GODS, AS THE GODS OF
ELOQUENCE, OF COMMERCE, & OF THIEVES,
(WITH MODIFICATION AFTER GIOVANNI DA BOLOGNA)

1 FEBRUARY 1986

AVATAR

THE AVATAR
A FILM BY JAMES CAMERON
CASTING BY JAMES CAMERON
COSTUME DESIGNER JAMES CAMERON
PRODUCTION DESIGNER JAMES CAMERON
EXECUTIVE PRODUCERS JAMES CAMERON
PRODUCED BY JAMES CAMERON
SCREENPLAY BY JAMES CAMERON
DIRECTED BY JAMES CAMERON

EDITORIAL COMMENT:

Recently I heard on the radio (CKLG, Kingston), and read in the newspapers (Kingston Whig-Standard; Toronto Globe and Mail) certain comments made by members of the Committee that is investigating prisons across Canada, and a representative of the Public Service Alliance of Canada (PSAC), which represents the guards union of Millhaven Institution, on the topic of a "Mafia" that operates in Millhaven Institution.

The Committee is investigating prison conditions and their operations. At their visit to Kingston, and subsequently to Millhaven, it was drawn to their attention that there were, or are a group of guards at Millhaven who operate outside of the law, but are protected because of their role in operating the prison. This group is referred to as the Millhaven Mafia, and it appears as though they have a method of communicating to their members when someone outside of their group is appearing on the scene to see what is going on; are dedicated to their "cause", and are sufficiently able, as well as willing to use violence upon inmates, administration, and their fellow guards. Along with this, it is even reputed that they have used aggression upon inmate visitors, and other citizens who rebuked, or opposed them (Kingston Whig-Standard; Toronto Globe and Mail).

This group of guards, Millhaven Mafia, are said to have control over the other guards through coercion, which suggests that this coercion has in fact been effective in not only harming guards, but it contributes to the perpetuation of violence upon inmates. Mr. Richardson, spokesman for the guards at Millhaven and their representative for their Union, denied even hearing of such rumours, and could not for the life of him understand how the public could forget that the inmates, not his men, were the ones to worry about. Supporting Mr. Richardson, was Mr. Dowsett, the Director of Millhaven. He stated that he knew nothing about any Millhaven Mafia. He stated that anything he had heard about this subject came from Mr. Trono, rather than from any of his officers.

This author spent three years in Millhaven. At one time I was amongst the "charge of the light Brigade", but eventually got tired of being a victim for causes that were not supported. For a few weeks every year we were locked up for twenty-three and a half hours a day. At one point we spent a whole summer on B2 (1972, you remember that eh Joe, Ossie, Billy, Ronny, Tony, and others). Those months and years at Millhaven opened this writer's eyes. I saw just how omnipotent the criminal justice system was/is, and how MOST of the guards, not a few, along with the heads of the Administration (this includes you Mr. Censored), allowed, approved, and were a part of the brutality, and violence committed upon inmates. When the inmates were finally able, after much suffering, to bring the police to Millhaven, and several guards were charged with assault on inmates, the guards were found Not Guilty -- this does not mean they were innocent, but that the evidence was insufficient to convict. The reason for that was, the judge, and the jury did not believe the testimony of the inmates, and it was only their word against the guards.

It was during these periods that I, along with several other inmates, over a period of three years, saw several incidents of violence and brutality against inmates. I personally have seen an inmate beaten with an iron bar, which came off a mop squeegee; a German Shepherd dog released upon an inmate in an area smaller than your washroom; numerous incidents of inmates being gassed while in their cell, with I might add an overdose of tear gas, dragged from their cell while gasping for breath, handcuffed, and shackled and thrown back into their cell to lay in the tear gas, and their own waste for days, and sometimes the guards would hold the cannister of tear gas against the face of the shackled prisoner and release the gas right into his eyes, and face, causing burns, and rashes. (See the medical files, and read the Report from the investigation headed by Flora MacDonald, Senator Earl Hastings). The list of atrocities would be sufficient to have our own Nuremburg Trials. I want to add though, that leading this pack is, one, Mr. Censored -- the man who has never even heard any rumours of this Mafia. No wonder.

There is a rule that exists among inmates, and it is, "if you're not for us, you must be against us". Well, with all the brutality, and disgusting treatment by guards of Millhaven against inmates (although no one seems to have reported it to Mr. Dowcett), I'm left with this idea, about the guards at Millhaven;

"If your not against the brutality
you must be for it, and be a part of it."

No one can stand in shit, and say he doesn't see it, smell it, or at least feel it.

The questions now are, "Does anyone who can alter the situation care?", and "Will they do something?"

We can conclude there are a group of guards at Millhaven who are cruel, and even criminal in their behaviour, but I can assure you that they are by no stretch of the imagination a novel group of human beings. There is a lesson to be learnt from this. There exists within all of us this potential for violence, for cruelty, and brutality. In order to remain civilized, we must safeguard ourselves against erecting institutions where we allow such oppressiveness as found at Millhaven, and indeed other prisons. I am not asking for the heads of the villains upon a gold platter, but I am asking that you believe our voice, and if you have some humanity, to use it, and reduce the suffering of the men and women in our prison system. Do not allow it to grow and flourish as it does in Millhaven.

For you guys in the cells on G-1, which are like steel straight-jackets, we hear your voices from Millhaven. We hope society will hear it and come to your rescue.

John Prince
John David Prince,
Editor

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John David Prince.....

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AVATAR is published by inmates of Collins Bay Institution, Kingston, Ontario. Third Class postage is paid for in Canada. Permission to reprint any article is granted, provided the AVATAR, and writer are given acknowledgements.

AVATAR : an integral manifestation or embodiment of a philosophy, concept, or tradition of a variant phase of a continuing basic entity; Two-fold possibility, and two-fold purpose. This paper is a continuation of a long line of papers here at the Bay and with it, we the staff, hope to breathe fresh life into an old, but often neglected philosophy - humanism.

The opinions expressed in any particular article are those of the author, and not necessarily agreed with by the editorial staff. Nor do the views necessarily conform to the official views of the Solicitor Generals staff, or the Bay. Please submit articles, and forward letters to us. We want to hear from you.

letters from our readers

Dear Editor:

Thank you for writing my poems in your paper. My father got a kick out of it. He said everyone kept asking if I was his daughter. Well, the answer is yes, and I'm proud of it - damn proud.

I will continue to write poems for you if that's what you want, because I enjoy writing poems. It helps me to express myself more openly.

Hang in there, Gods not finished.

Kim Gallipeau.

Dear Editor:

I've been dropping in at the Bay on a regular basis these past years, as an entertainer, mind you, the financial arrangements cause contemplation of behaviour that could bring me back on an altered relationship. Anyways, I've enjoyed each visit and look forward to returning.

I must admit to worries about bringing this recent show, "The Road To Charlottetown", being more of a theatre piece I was afraid that reaction to it might not be so positive. Of course, it's based on the writing of Milton Acorn, whose poetry I've performed on previous visits, and been warmed and impressed with the intellectual understanding and appreciation of the work, beyond any I've felt from an University audience. I discovered particularly with this visit, that playing in institutions was more than an act of mercy on our part. It was rewarding; exciting experience for all the actors involved and I know that the play itself improved more in four institution performances, than it would have being run in a Toronto theatre for a month or more. A critical, high energy audience requires so much from the

performers, whilst in most theatres scenes audience comments seems to be falling asleep. You guys were only our second audience, and by the way you helped much in the construction of the piece.

We returned to Toronto and performed for two nights at Harbourfront, and received enthusiastic reaction. It is planned for a special on CBC, some time this year.

I'm already advising other theatre projects to think seriously about institutions as a worthy workshop space to preview new things, and am also enquiring as to where there might be funds tucked away to facilitate expansion of such theatre showings.

Thanks again for being an aware and responsive audience. You were an interested Canadian audience, and I hope to be around with other things in the not too distant future. I send regards from all the people involved in that troupe, the Island players from the bright red mud and bud the spud.

Cheers and best wishes to youse all.

Cederic Smith

Dear Editor:

I have paid for a years subscription to your newspaper, but I have not received it yet. Could you please send it to me.

Linda S.
Hamilton.

Editors Note:

Its on its way.

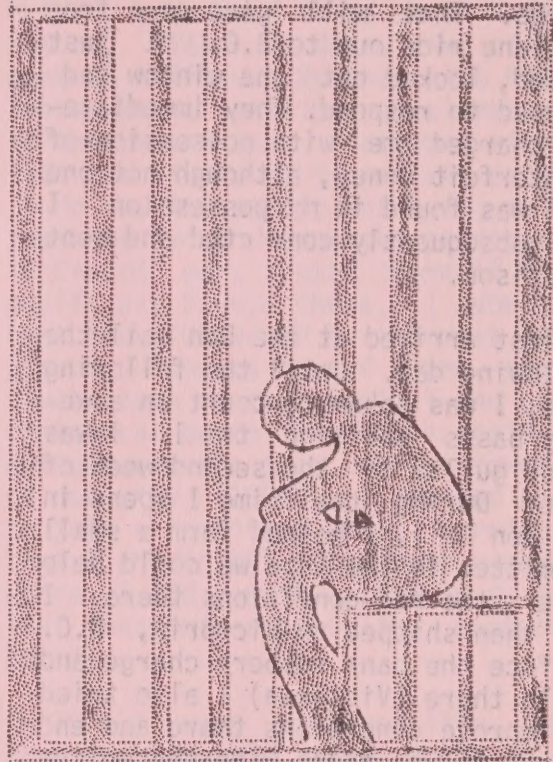
I DID IT, BUT NOT AGAIN

by Gordie Duck

I have often dreamed that I was born into the wrong generation. I have also dreamed that I fought empires similar to those fought by the war lords of decades gone by. Before receiving my present sentence for bank robbery, I had served small sentences, none of which gave any direction to my life. The fact that I have now completed approximately 11 consecutive years, I find the "system" still has given me no direction in life.

I am a convicted bank robber without a weapon. My role in the robbery was to leap the counter, scoop up the money and run. That is what I did and also for which I received 14 years, and 4 years consecutive for possession of counterfeit money. My reason for writing this article is not to complain of the sentence or anything else; it is simply being written in the hope that by describing my experience I will somehow influence some youngster who has ideas similar to mine several years ago, will think twice before he executes the plan I put into action. That is not to say that his solution is the "wrong", or "right" solution. It's simply to say that, if he does what I did, he will make a serious, deadly mistake. For one thing, policework today is too electronically controlled, and computerized, so anyone who plans to rob a bank, is almost certain to be captured. Along with all the gadgetry, the army of stool pigeons working for the police also almost guarantee your capture. About 75% of the police work today is successful because of informers and "lets make a deal."

On the professional level of crime,



it could be worth it. And I'm just being truthful. As for any professional associated with police work, I am NOT a professional so have no intentions of becoming involved again.

On February 26, 1966 in Toronto, Ontario, in the early morning, I was captured while eating in a restaurant of the bus terminal. Not knowing that the guy beside me had in his possession counterfeit money or that he was a stool pigeon (informer), I was arrested with him and taken to 52 Division. We were searched and no counterfeit money was found in my possession. The other individual went to another room and shortly thereafter the police emerged with \$200 in \$20 counterfeit dollars. Also included was one genuine American \$1 bill. The police asked

me where I got it and I did not reply. The police then said, "Okay, if you will confess to the bank robbery, we'll drop the counterfeit charge. That will give us a free airplane ride out to B.C." I just smiled, looked out the window and refused to respond. They immediately charged me with possession of counterfeit money, although not one bill was found in my possession. I was subsequently convicted and sent to prison.

I first arrived at the Don Jail the following day. Until the following June, I was taken to court on a weekly basis awaiting trial. I was found guilty in the second week of June. During the time I spent in the Don Jail, I helped form a small committee in the hope we could help alter the bad conditions there. I was then shipped to Victoria, B.C. to face the bank robbery charge and while there (Victoria) I also tried to improve conditions there and ended up in a fight with the police and was thrown into a padded cell for a day or two to cool off. I often watched the police bring in the town drunks, kick them down the corridor into the shower and slam them up against the wall until they were bleeding and/or sober. In the late summer of 1966 I went to Okalla and while in Okalla, I notice there was no television, newspapers, or other contact with the outside world, except for short visits of 45 minutes with loved ones. During the almost 2 years I was there, There were at least 5 suicides and many, many slashings of arms, legs, etc., some of which were very severe. In 1968 I entered the B. C. Penitentiary with an 18 year sentence.

Once again I saw brutal conditions. No social life, no real direction to follow. Only the build up of bit

terness and anger. Brutality by staff was a daily occurrence. Suicide murders, hangings, beatings, brutality of every kind was in evidence at BCP.

In 1968 I was injured and placed in S.C.U. for four and a-half months and then transferred to Kingston, Ontario. At that time, the guards were in full control and ran things pretty much the way they were run before the riot at BCP, just over a month ago. I had been on the Committee at BCP, and became involved at Kingston in sports, and other activities. Before I knew it, I was again in segregation. The Administration recorded various reasons for placing me there, but the true reason for my presence there, was that I was once again fighting to change conditions. In 1969, just before Christmas, on Christmas Eve in fact a prisoner burned himself to death in his cell. Prisoners yelled, and yelled, but the guards in the dome were too busy eating to attempt to save him. One month later, I was taken out of lock-up, and sent to a Special Correctional Unit in Quebec I again formed a committee of prisoners, and began representing the English-speaking inmates. I was able to visit St. Vincent de Paul for about 3 hours while my prints and photographs were being taken. Each time I went to a different penitentiary, and with each passing year the violence increased. It always seemed to revolve around the custodial staff. In 1970, I went to Archambault at St. Anne de Plaines, Quebec. I met some people who allegedly belong to the FLQ and had long educating discussions with them. While there, I was tier representative for the range I lived on. The violence continued to increase and I became more experienced and knowledgeable in Administration affairs. My roles in

committe work became an easy way to clearly see just how corrupt the entire system was and is. I was eventually transferred to Dorchester (1971) - incidentally, the French people, I found to be a beautiful people - and I found the conditions at Dorchester to be worse than any prison I had ever been in. It was evident, that the institution had been running the same since the early 30's. Due to the fact that many prisoners were only serving small sentences, they had become nothing but dollar signs to those who ran the prison and the system as a whole. I got off to a bad start because I knew everything there was wrong and I challenged it. Once again, I joined a committee. Worchester, without any exception, was the most violent of prisons I had ever encountered, due to the fact that many personalities and races were lumped into one area. The committee became much stronger and was more educated. This particular committee and population in general had a deep desire for education and a better life for themselves. They were becoming more aware of their existence. As time went by, Dorchester became one of the most progressive prisons, with programs in education, sports, etc. Music was also a big part of the institution. Things eventually got out of hand, and in the end, there was a small riot. The committee, with one exception, a total of 33 people were placed on a bus and shipped to Archaumbault. There were police escorts, and a big fight broke out at Archaumbault. The press tagged a number of us "The Dirty Dozen", and when we hit Kingston, we went straight to the hole completely whacked out of our minds by Mandrix (drug), furnished to us by the prison guards. We were given nothing at Kingston; no blankets, soap, nothing. We remained in that condi-

tion for at least two days. I was somehow left with the impression that I was going to Stoney Mountain Prison, but found it to be a "false rumor." Within 90 days, two of us went to Millhaven. By that time Millhaven was a notorious battleground in the prison war. I stepped right into the middle of it, and was proud to do so. The public was being told that the "most dangerous prisoners in Canada" were housed there. If the public was housed there, I submit, that they TOO would be the most dangerous prisoners housed there, simply because of the physical and psychological brutality. Once again I encountered the mass corrupt power of security, (1972). I decided not to join a committee there. Warnings that I should NOT join, were everywhere. I did remain active in my belief that prison brutality must be battled.

In 1974 I went to Joyceville, and soon found myself once again on a committee. Nov. 1974 I was still on the Joyceville Committee when I was transferred to Stoney Mountain Prison. From 1974 until 1975 I was on a Committee at that institution. From there I went to Rockwell Institution and was transferred back into the hole for drugs found in the annex but which I had nothing to do with. I spent 6 months in segregation and then moved to BCP (1976). In the early part of the year, I formed a committee at BCP (Steering Committee) in an effort to change conditions there. I was eventually elected onto the regular committee, and began trying to change conditions. Because of the same corrupt element of Security that I had encountered in almost every institution across Canada, a riot exploded in September 1976. When I think back it was only been a handful of custody who have controlled these in-

stitutions, and caused the trouble. They seem, to give less than a damn for their own staff, the line officers, or those who walk the tiers. They appear to be interested in only their power desires, union strength, etc. Prisons have become NOT public institutions, but their own private domain. They keep the public out and control every aspect of the prisoners lives from toilet tissue to the type of visits authorized. They are not only custody, but they are controlling every aspect of the imprisoned men, women, and children's lives. Custody has taken over the entire penal system and until it is changed, there will be more trouble behind the walls.

After all the years I have served behind the walls of so many Canadian prisons, the only thing I can honestly say I have obtained, is a bristling red-hot anger at the system for their brutality, and the idiotic ignorance of the public in general when they mouth such stupidity as how "nice" we have it in prison, how we're being coddled, etc., yelling we should be "hanged" while the truth of the matter is, very FEW members of the public ever take the time to walk behind the walls of a prison to see what is really going on. On the other hand, like sheep, they continue to finance a billion-dollar industry built upon the back

of those who have violated the law. By such attitudes, the men, women, and children in prison, are being forced into adopting a revolutionary way of life. If the practice of the public is to continue ignoring its prisons, and what is being done to prisoners, the people confined will have no choice, but to bring down the entire system around the public ears. They (the public) foot the bill; the politicians write the law yet they ALL ignore the corruption, crime and evil being perpetrated against the people in prison. They had better wake up, and fast or before they know it, blood will be flowing in every institution across this country. In the beginning I robbed a bank. And, as I have expressed, I will not do so again. But an anger has been built in my guts by this sick rotten prison system, that will see me voicing the truth against it the rest of my days. There is more to my vast experiences and I feel strongly that myself and a handful of others have the solution. Thus far, no one has asked us for it. (If I could choose a panel of prisoners from across Canada, of my choice, the solution would be readily available). Perhaps someday someone with guts enough and enough authority, will ask us!

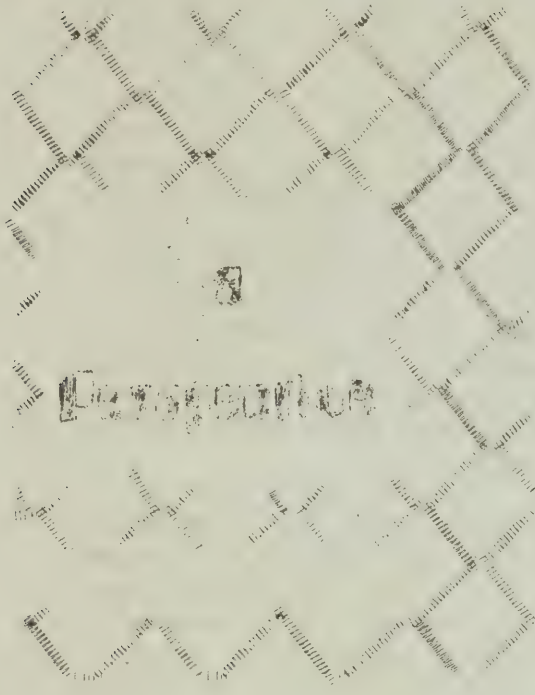
GORDIE DUCK
INMATE COMMITTEE/B.C. PENITENTIARY
NEW WESTMINSTER, B.C.

AWARENESS

*How right I am, that it is just a dream
this beautiful form, only deep as sight.
Beneath that warm and lush deceiving shroud
lies the lure to Hades Gates for me or YOU.*

by gerry diver

prison



In the penal system, the practice of parole as a modern form of rehabilitation is to be highly commended. A crucial question that members of a parole board must face is to determine when an inmate is ready to attempt re-adjustment back in society. When weighing the possibility of granting parole, members should take special precautions to consider certain facts that may frequently be overlooked. Many times deciding factors are unfortunately focused upon stigmatizing labels and concepts. For instance, there is an assumption that certain types of people commit crimes. People thus are labelled, have their chances for parole prejudiced by such pre-conceptions as drug dealer, sex-offender, thief, murderer, etc. It is important to note that people do change. They do have the capacity to grow as better, more rational, and socially acceptable human beings. Therefore, care should be taken not to view the person so much to what

he/she may have been, but to acknowledge the person for what he/she is now. Conscious evaluation of present character should help eliminate the "ready-made responses" concerning the inmate.

The ostensible reason for incarceration is to take away freedom, and privacy for the purpose of punishment, and hopefully as a means to the rehabilitation of the offender. The question arises as to what degree of punishment is necessary to serve that purpose. An optimum length of confinement must be found. Ideally, this would represent a compromise point between those benefit which are to be gained in society by removal from it a potentially disrupting factor and those adverse effects which may arise both personally and socially from too long a period of incarceration. As today's values are so controversial, oftentimes people become victims of circumstances, caught in the revolution of questionable ethics. The general consensus amongst prison wardens is that most inmates are not particularly inimicable to society. That is, many offenders are considered "pseudo-criminals", and do not uphold 'criminal ethics' as such. These people do not participate in criminal activities for pre conceived goals of gain or prosperity so much as they find themselves criminally involved out of relatively petty, or spontaneous reasons. The decision of the board to determine how much time is needed for reform must be predicated in lieu of this fact.

Also, when reviewing a potential parolee's case, certain sociological aspects should receive special attention. The majority of people represent a microcosm of a dilemma facing society as a whole. As most needs basic to survival are supplied

ed in the 20th century, at least relative to other times, crime is then perhaps motivated by subtler drives. The need for satisfaction, for "self-actualization" comes increasingly into prominence as the more elementary needs are satisfied. Society in general is becoming increasingly homogeneous, shaping human beings in molds to suit requirements in terms of both industry and the consumers market. Accordingly, a class structure forms, making it even harder for one to find true meaning in their life. Thus, an identity crisis, of which in turn creates a greater need to assert one's identity in terms of society, even if it means opposing the guidelines set. Crime to an extent can be considered a perversion of what should be a healthy expression. That which may be motivated by instinctive, or subconscious drives and distorted by "anomie": a state of isolation or normlessness when society does not affect individual behaviour. Possibly, crime then is a product of an Existential crisis facing society. In the search for meaning for self-awareness and control in a de-personalizing society, an individual is forced to shape his own 'identity' and destiny often in terms opposed to the social norm or 'more'.

Many psychological effects stem from the prolonged isolation and confinement of an inmate. The de-personalization, deprivation of privacy and human dignity often stir hostile and resentful feelings. Inmates have no choice as to their associates, their living conditions, or their environment. The penal system does not offer over-much in the way of physical and mental stimulation and productivity. Consequently

boredom and apathy set in. Negative over-activity of the imagination may create irrational thoughts and fantasies. When given no channel for release or expression, these can deter mental growth and produce an unhealthy mental climate within a prison. All of which may predispose an inmate to paranoiac suspicions of the administrative body and these may produce in turn recalcitrant and/or dispondent attitudes. Parole, when properly utilized, may help allieviate these deteriorating effects.

For rehabilitation programs to be successful, an inmate must of course, be reasonably intelligent, have or develop the ability to cope with excess stress and to adapt emotionally. Possibly, the most essential factor is attaining an inmate's trust and confidence in such programs. This stems not only from an inmate recognizing the program's potential to help with re-integration into society, but too, it represents to him positive endorsement of his change of outlook resulting from self-evaluation. Oftentimes an inmate's only hope and consolation is parole. Constant denial to prove himself within society can be detrimental. If it is adjudged that enough time has been served to compensate for his guilt, it should be considered that further confinement may be unnecessary and might in fact reverse any progress made. When isolation extends beyond needed time to rehabilitate, it can be as useless and as harmful to society as to short a time; as Lawrence Sears states, excessive confinement "...defeats its own purpose, for it cuts the nerve of effort."

by Maureen Hamagishi

PROFILE: AN INTERVIEW WITH THE "BOARD".

1 . Why couldn't a member of the Parole Board come for the interview?

It is difficult to get a Parole Board member to go to an interview because they are either appearing on the Board or they have paper work and it's hard for them to have the time.

2 . What are your roles in the Parole Service?

I am Therese LeBlanc, Supervisor of Case Management. I supervise management of cases that come before the Board. It is my responsibility to see that a parole interview had been conducted, a panel date set and appropriate persons notified, that the decision given is appropriate, and that all appropriate persons are notified of the decision given. Questions concerning individual cases also cross my desk i.e., if a Parole Officer has a question concerning a specific case, I am one of the five supervisors of Case Management in Canada who would be responsible for seeing that the question is answered.

I am Lynn Collins, Correspondence and Information Officer. If you send a letter asking when your parole is up, etc. and if your family writes for inquiries, I am the one who answers.

3 . What does the Parole Board want to know at the Panel Hearing?

The Parole Board will usually ask such questions as, what you are planning to do; why did you get involved; what are you going to do on the outside that will keep you out of trouble? Every interviewer must have their particular way of getting to know you. Their questions

are sometimes meant to test your reactions. The thing you have to realize is the Parole Officer, and the Board members can't predict what you will do tomorrow, but they can give an educated guess from your past behaviour that it looks like this....she looks like she can handle it, whereas before in her past she may not have been able to. The Parole Board must determine not only if it is to the advantage of the person if she is released. It's not just a question of "are we throwing a 'devil' back to society", but "is it good for the person?" Is she better prepared to make it on the street? Has she got all she can out of prison? One of the things inmates should consider, is to give us some credit for intelligence. I think the best an inmate can do is just be honest.

4 . If a woman is sentenced to Federal time and her home is in another province, why does the Parole Board seem to insist that she finish her remaining time in Ontario? Do they feel that a woman's family is a bad influence on her and if so why?

If you are from a small town, and you are really criminally involved and you have connections there, you might get into trouble. You have to convince the Parole Board that your criminal activities were committed there, but that you need to go back there, and that you can make it. The Parole Board is leery of a person going back to the area where they have always been in trouble. If you have a good job there, it's your home, and you have people willing to help you, that may outweigh the fact that your crime(s) were committed there. The most im-

portant thing in a parole case, is your own attitude. What are you willing to give up to make it! Regions differ depending on the size; someone in Toronto will get revoked for something that they wouldn't get revoked for in St. Johns, Newfoundland. Very often the revocation is for something that the parolees have been warned about before. It is usually because of something the parolee has been doing. It depends a lot on what the person's up to. It is very rare that they are just revoked like that. Besides, it has to be documented. The Parole Officer has to put on file, why the parolee has been revoked.

5 . What if a woman's husband is labelled "Organized Crime", would it be difficult for her to be paroled home to her husband?

You have to distinguish between organized and syndicated crime. It is a loosely used term. If the husband is known to be actively involved in criminal activity, it would be a lousy plan and you would likely not be granted parole, but.. they would be objective. It might turn out that you could be a positive influence. They are very realistic, and they look at all angles. When you are talking about the Board, you must realize that they have a lot of experience with inmates and they know when you're giving them a snow job.

6 . The Parole Board has in some cases been insensitive when speaking with inmates and has often given vague reasons for denial, or deferral, why?

It is certainly not their intention, but there are things which are unavoidable. Say the Parole Board has 15 interviews, naturally the person who draws the 15th won't receive the sensitivity that the

first interviewee would, simply because it's human nature. The only times the Parole Board is reluctant to tell you the reason you are denied, or deferred, is if they have confidential information which is verified. Your temporary absence performance is very important when Day Parole and Parole are taken into consideration.

7 . Would you please explain what you mean by "confidential" information.

Employees of the National Parole Service, and the Parole Board members have general access to your files although there are some files which contain information which is inaccessible to even me. There are levels of confidentiality. There are files with documents inside them marked "confidential". There are files with confidential information locked in the safe of the Board and there are files so confidential, they are locked and stored in Ottawa. The Parole Board will not release reasons for denials or deferrals to family members, or friends, i.e., mother or father, unless the inmate has first written a letter giving the Board permission to do so. From time to time the Board receives "confidential information" from some individual who has knowledge of the inmate. For example an inmate's wife may report that he drinks heavily while on his social outings although his pass specifically stipulates NO DRINKING; or an inmate may go beyond the 25 mile radius while on a social outing; or an inmate may have committed a criminal offense unknown to the police, but known to family and friends.. when information such as this is brought to the attention of the Parole Board, an attempt is made to verify it. If true, the Parole Board has the responsibility of pro-

testing the individual who gave the information from the wrath of the inmate. Therefore, the information is marked confidential, and it is possible that an inmate's parole could be deferred or denied because of this knowledge.

8 . How much notice does the Parole Board take of institutional reports when making their decisions?

The institutional report is important, because it tells the Board what your current attitude is, how well you get along with others, whether or not you have been charged inside. At the Panel Hearing your C.O. and the Parole Officer are there so they can update the institutional report.

9 . Does the Parole Board take the recommendations of the trial judge into consideration, e.g. recommending early parole, staying in home province although sentenced to federal time, etc?

Yes they do. It is taken into consideration along with everything else. It is considered along with the rest of the package when an inmate is considered for parole. What ever is on file -- we call it "Representation on Behalf of the Inmate". The most important things on your file would be (1) judge's comments, if any, (2) your police record, (3) community assessment, (4) parole officer's interview, (5) institutional record, (6) assessment from the doctor if you're under psychiatric care (we must obtain permission from you to have access to this information). The most influential of these depends on the individual case. The Parole Officer prepares an overall assessment evaluating the "aspects" against the "liabilities", and then gives a recommendation. As far as women staying in their home province doing feder-

al time, I personally think they will build some other federal institutions for women. In the meantime, I think they may put many women into provincial prisons to accommodate them. A lot has to do with the general mentality of the people in the community as to whether or not they will accept the building of prisons or institutions in their vicinity, but I think that will have to happen.

10. How does the Parole Board feel as to the status of Non-Canadians (deportables) in relation to the different types of releases available as compared to Canadian convicts?

The hassles with someone who is deportable, i.e., on day parole programs, are that they cannot work because they can't get working papers. They are eligible for anything that they don't need working papers for. A person not a Canadian citizen, is not eligible for student loans because they are not citizens therefore, there is a financial problem.

11. Don't you feel this is discrimination?

This is not really discrimination on the part of the Parole Board. It may be on the part of the school administrators who aren't willing to give student loans to foreigners. The hassle with the non Canadian is that they may be caught between the Parole Service, and the Immigration Department. The Parole Board is under the jurisdiction of Immigration in cases of foreign prisoners.

12. How does the Parole Board feel about the exchange of prisoners?

The problem with the exchange of prisoners is that a person can't get sentenced, or do time in their

mother country for what they have done in another country unless some specific legal arrangement is set up.

13. What are the feelings of the Parole Board regarding "soft dope?" Are they inclined to regard soft drugs in the same light as opiate offenses?

It is hard for the Parole Board to recommend on the question of law to say that 7 years is too much of a minimum sentence to charge for importation of soft drugs. However, the Board recognizes that some change is necessary, they are concerned that there is no lee-way to allow for the judge's discretion in individual cases. They are concerned about the Peace, and Security Bill's eliminating the Parole by Exception which had been used primarily for the 7 year minimum cases. They felt the law concerning the 7 year minimum would be changed, thus eliminating the need for Parole by Exception. Right now the Parole Board is again looking at Parole by Exception for the 7 year minimum sentences, since the Bill to lower the sentences for soft drug offenses has not been passed, and the half of the Peace and Security Bill which includes the Parole by Exception clause has not gone through.

14. What do they consider Parole by Exception?

Exceptional is hard to define, because they are exceptional. One reason would be that it would be used when an extreme medical condition exists of self. With the extensive use of Day Parole (5/2,6/1, 7/0) use of institutional community residential centres, and community correctional centres (Portsmouth), parole by exception is rarely used, because it is not needed.

15. Does the convicted heroin addict jeopardize her chances for parole by not having treatment while incarcerated? Does the Parole Board know that treatment programming here is almost non-existent?

Certainly your case would look better if you had treatment. The realization that programs are not easily available is taken into consideration. Certainly treatment would enhance your case, but if it is not available, then the lack of treatment shouldn't affect your case. Your provided plan for release, should counterbalance this.

16. I know personally of 4 heroin addicts in the building who on their parole eligibility date were deferred. Does this not reflect some underlying attitude toward heroin addiction?

If anyone wants to know why they have been denied or deferred, they should write because how else can they know. A person can be denied, or deferred if it is felt she hasn't dealt with her problems on the outside or coped with them adequately, e.g. a woman's parole plan is to go live with her boyfriend that the boyfriend is living with some other woman, and has no intentions of re-establishing a relationship with the imprisoned woman. You should really think about your plan before you put it down on paper. It takes about 3 to 4 months to complete your case especially if your plan is to go outside Kingston. It is wise to really think of your plan before you write it down. It is awkward to change plans in mid-stream. You can change your plans, but if you do it a month before your panel hearing date, you will probably be postponed to another date.

17. We know of only one treatment

centre for addicts in Canada, Portage in Quebec. Does the Parole Board recognize this centre for federal parolees and do they consider it a qualified plan for parole?

They certainly recognize the Portage Centre as a viable treatment centre. In regards to it being a plan for some type of Parole Release, they also see it as feasible. However, the difficulties that might arise would be concerning the particular inmates Parole Eligibility Date, especially when a long sentence is considered. Another difficulty the members have foreseen is the lengthy commitment that a person must make to the Portage Centre. However, even with these problems an inmate could certainly apply for a release program to Portage Centre and if acceptable, could receive such a release.

Another treatment centre has opened north of Toronto; the name of it is "Street Haven" (if you are interested in obtaining information on this centre there are informational booklets posted in the wing T.V. room, and in front of the medical barrier).

18. How does the Parole Board feel in regard to the proposed 25 year minimum for murder?

If it is a law then they can't question what's been passed by Parliament, however, they do hope that it will be reduced in the foreseeable future.

19. When would those sentenced under the 25 year minimum for murder, be eligible for temporary absences?

They would not be eligible for temporary absences prior to three years before their parole eligibility date. This could be after they have served 22 years in prison. This is my opinion (Therese LeBlanc) not the Parole Board's but I think people can think ahead for 7 years but

they can't think ahead for 22 years so the onus will be on the penitentiary system to do something for these people, and initiate some long-term programs to keep these people going.

The parole eligibility date can be appealed after 15 years for review.

20. How soon is the completed Peace and Security Bill expected to be passed, particularly the amendment concerning the release of inmates, remission and mandatory supervision and what plans are the Parole Board making?

A portion of the Peace and Security Bill died in the summer, and they will have to begin again taking the various amendments through the Committee; it could happen that they will be defeated. If it passes the way it is now the Board would have the discretion of crediting good time to an inmate who has served a portion of her parole successfully on the street before being pulled. Now she/he loses the good street time automatically. With only half the Bill passed, the Board is making a "recommendation" for lifers to be granted their T.A.'s, but the authority is still in the hands of the institutional director. If the new Bill is passed there will be all kinds of classifications, length of sentence, violent crime, etc. These will all have ramifications, so the new way of clarifying the number of votes needed for parole will be determined by the length of sentence.

NB: The following interview was typed and sent to the Parole Board for approval. While there Marg Benson and John Steinberg also put their comments to it which were added to this copy.....this article was taken from TIGHTWIRE. Acknowledgements go to Caroline Moore and Fredrica Martin.

YOUR TURN

HE SHOULD BUILD AN ARK

by Ron Newell

Recently, I was leisurely leafing through an issue of "PEOPLE MAGAZINE" (as is my habit after I've consumed my share of food in the institutions dining room), and I came upon an article about a one, BOB MARTINSON. Who, incidently, is a leading criminologist. Bob has also held the esteemed post of Chairman of the Sociology Department at the City College of New York.

Well, this was food for my fodder for my forever famished furnace of thought to find out what is happening on the other side of the wall. And, I like to know what the "MUNCHKINS at Burgerkings" think about our penal and parole system. I know what everyone in here thinks about our present penal and parole system of North America.

What is wrong? WELL, Bob thinks our correctional SYSTEM is not working, because the focus is on rehabilitation. And, Bob thinks this is irrational. It is times like this, I wish that the "PEPSIE" generation had succeeded and overpowered the Munchkins at the Meccas of MacDonalds.

But, Bob sheepily admits, the elements, probation and parole, were both designed in and for the 19th Century. Smart lad, Bob. Though, Bob approves of "Reading Programmes" for us. Simply, because he doesn't want us to be 100 percent illiterate either. I guess, we will succeed on

This column is set aside for anyone who would like to criticize anything about anything. No names need be required, just send your article to the AVATAR.

parole if we are good readers. I think that I am getting a headache. It is articles like this which make me feel that I could not read.

But, here is the results of Bob's long awaited report on Parole, and Probation. Bob's result of his investigations and his answers, is a method called "The Cop and Con" approach; probably, devised by him, after an attack of acute constipation from eating a double or triple course of BIG Macs and fries. Oh yes the results. Bob's method is called a cop and con approach; that is to say, a cop for every con who is on parole. This cop will be your parole officer and he will follow his poor ward around all day; watching his every move every day. Ye gads, now I think that I have got constipation. Bob must have had a back up too when he thought up this Con and Cop idea because something was surely backing up on his brain at the time.

But, Bob doesn't want to live in a society where there are all these cops, parole officers are running around either. HMMMMMMMM. Seems, Bob wants his cake and eat it too. Just think, Bob's report and his resulting conclusion has been a long awaited report by the people and the government. I believe that a lot of other people have constipation other than Bob and I.

It seems, Bob Martinson likes to tinker at his hobby of model ship building. Bob should build another ARK; it would be a more constructive idea than his new report. I think that Bob should take up his hobby of building toy boats as a serious

and steady job. And, hopefully, this will keep his mind in gear and constructively active, as well as his hands. Then, Bob will be able to take time off from his boats, and keep his reports, and ideas to him-

self, and eat all the burgs and fries that he wishes.
See you at the medicine cabinet for a refreshing laxative Bob.

Loving, Ron N.

A CONVICT is,
according to the system;

a number,
a cell location,
a count addition

A thing to be watched

and kept caged.

BUT,

He is much more.

He is a MAN,

SON

BROTHER

FATHER

UNCLE

He is a HUMAN BEING.

More than all the above,
He is the living

CONSCIOUSNESS

of

the System's

Inability to function.

- Baby

LOST LOVE

I

I loved you, but you did not heed me
I called, but you did not come
You swore you would not leave me
And now look at what you've done.

II

I lay awake in bed each night
And shed a tear for you
And think of ALL those happy things
I thought would come true.

III

Those loving words you used to say
Go creeping through my heart
Saying how much you loved me
From the very start

IV

I had fallen in love with you so much
I guess I was really blind
And now you have gone and left me
You felt your true love behind

V

The memory of you I shall never forget
How loving you were to those you met
Goodbye my precious love, goodbye
And my love for you will never die.

by Jackie Morrissey

TODAY I CRIED A TEAR

*Today I cried a teardrop,
today the teardrops fell;
Now the love is gone from me,
That we know so well.*

*I cried all night 'till dawn
And a letter I tried to write,
For today my heart was broken,
As you walked out of sight.*

by
R
O
N

W
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C
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X

*I don't know how I'll make it,
Or how I'll get along,
I only know that you have to quite,
And that our love is gone.*

*So when the sun is shining,
Over the weary Sea,
Will you walk the shores of love
And think a thought of Me ?*

THE GENERATION GAP

And if i lied
and
said i did,
Would you respect me ?

AND
if i damned
those i loved
AND
who loved me
Would you smile ?

AND
if i saw thru your eyes
and spoke with your words,
Would you believe me ?

BUT
i can't
and
you can't

yet damn it!

SILENCE is no answer
LISTEN to me now.

by KIM GALLIPEAU

Moral Perfitude

You've questioned my moral principles.

You felt you had the right.

I question your moral principles.

I feel I have the right.

You claim to be a person
with human emotions and feelings.

Hey, I'm a person too!
With the same sense of emotions,
and of feelings.

It's called a human being.

Am I really that different,
that you must treat me as
a contagious disease?

If so, is not the disease
also within you?

You sneer, mock, treat me
with disrespect.

Yet, I am your mirror,
and everything you see
and despise in me, you
truly are seeing a reflection
of yourself:

So in mocking me, you
are actually mocking yourself.
The truth is, is if it weren't
for you, the likes of me
would no longer exist.

What have I really done
to hurt you?

Whatever I may have done,
it is to be justified
within and by myself;
Not by you.

If I've done wrong, I'll
admit to it.

Tell me, are you so perfect
that you've never done
anything wrong?

Don't be so pious! Nobody
is perfect.

And where do you have
the right to judge me?

Judge yourself.

Only God has the right
to judge others.

Are you God?

MH

VISIONS

I
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to live,

to die,

to be born...

and reborn a

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and

g

a

i

continuously...

until one day

reach

that one state

of being...REAL

_____ a creation

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t

flows and flows and flows

inharmonious
continuous essence

and becoming a one..!REAL ONE

MC



library corner

STRAIGHT TALK FROM PRISON: *A Convict Reflects on Youth, Crime, and Society.* by Lou Torok.

Lou Torok was Ohio prisoner No. 129-606, serving time for breaking, and entering, and assault when he began writing about prison life, and crime.

LOW TOROK has been through the mill and in his book, he talks about the criminals and social losers who inhabit our prisons. In the uncensored language of the street, and cell block, he takes a hard look at the forces that have driven youth to crime - drugs, absence of love, poor up-bringing, despair - and points out that just as important are lack of social acceptance, weak parental guidance, and crime perpetuating prisons.

.....
DON'T STEAL THIS BOOK: *Is a collection of poetry, dialogue, conversation and story by inmates of a maximum-security penitentiary.* Green Tree Publishing Co. Ltd., Toronto.

Men in captivity are many things, often violent, yet at times tender and revealing. We have had books about prisons before, but this one is a poetic expression by these persons.

Killers, con artists, and thieves began to learn to express themselves through words, rather than by acts of aggression against society.

.....
MARATHON MAN by William Goldman [1974]. Paperback.

This is the best book I have read this year. Try not let anyone tell

you how it ends. The Washington Post says; "The best American thriller this year. Also one of the best novels of the year."

Believe me, this ranks with the best of them.

.....
CRIME AND YOU by A.M. Kirkpatrick, and W.T. McGrath. Mr. Kirkpatrick is the past executive director of the John Howard Society of Ontario, and Mr. McGrath is the executive director of the Canadian Criminology and Corrections Association.

The introduction of the book states "The purpose of this book is to provide general information about the adult population involved in the criminal justice system in Canada. It is intended not only for students and professionals in the field, but also for volunteers in related agencies, and for citizens who may be perplexed by the issues of crime and correction."

Some topics of interest to private citizens, students, and experts alike are: What is crime? Police, Prison: A Social Development, Penitentiaries and Reformatories, and Parole.

This book is available from Macmillan Company of Canada, Toronto.

.....
THE BERIA PAPERS, by Alan Williams. The private diaries of the worst chief of the secret police in the history of Russia.

This man erupts as a monster, both in his sexual and political life.

What actually happened to Stalin is even outlined.

NOTHING IN PARTICULAR, BUT... by John " Jamie " Jamieson

And I thought that I would be able to just sit here and relax, you know, play a little Bromberg, not think too much, or strain myself in any way. Maybe work a bit at trying to get my head into sorting things out in terms of a parole to Kingston. Anyway John comes into the office, and asks me for another article - completely unawares, he catches me he does. Now I'm really not into writing an article, I'm not in to writing anything, including letters. So I ask myself, what can I write about....some more garbage about the various aspects of the system - no, definitely not as I'm getting pretty pissed off with "The System", or at least with what I see of it. How about some science fiction: Harlan Ellison I ain't so that's out. The eventual legalization of grass, and it's effects on doing time (what time) - that's not bad, biased certainly, but not bad. The only trouble with that, is that I end up giving myself away, and a masochist is the one thing I'm not.

Perhaps I can write something directed towards the free people that will blow your minds, or better yet towards the administration and hope fully blow their minds totally (something needs to be done to shake them out of the miserable trip they're on). Something about the Joint.Up coming committee elections (by the time youse guys read this though, that will have been done with ages ago), the sports thing, a little bit concerning a group, or groups, activities, or what they hope to be doing in the future. I could even talk about the half hour video tape we just completed, and the idea of doing some more work on it in order to have a reasonable product to air on national television. Did you know that approximately 30 million, or

is it 32 million North Americans have smoked up at one time or another (there's hope, there's hope).

Hey, three of us just been locked out of the institution now watch us get pinched for conspiracy to escape or something equally ridiculous - don't laugh as it has happened in the past (less than a month before I appeared at a parole hearing - that was back in 75 believe it or not). I know what, take a break for awhile, go to lunch....Lobster Newburg, Chateaufeuf De Pape, Cherry Cheesecake, Cagnac and coffee - something will come to you within the next hour it always has, hasn't it.

It certainly wasn't much of a lunch let me tell you, and nothing came to me. No revelations what-so-ever which is rather a fitting comment for a summation of the last seven years. Perhaps a fantasy would whet your appetites, and satisfy you at the same time, but then someone is bound to tell me to keep it clean (that Puritan Ethic is a bitch for sure), besides which my fantasies wouldn't interest anyone, except that man with the butterfly net!!

The future...well there isn't much to say about that either, considering the past. Personally, my future will have to wait just awhile longer however, it is there, and I'm positive that it will be interesting. How about continuity to the confusion, or should I adopt a different tone, and lay something specific down to you, and could I do that in such a way that the preceding wouldn't be defeated. The answer to that is negative of course, so I won't write anything about nothing, thereby satisfying myself in that I did what I had to.

THE SPORTS DESK

BY DONNY PARLIAMENT

FLOOR HOCKEY

Wham,! Bam,! Smash, went the bodies in floor hockey. Bodies were in the stands, in the nets, almost up on the stage. The men took check after check, and came right back for more. It was almost as if the men's bodies were made of rubber with the checks that were handed out.

A big surprise was handed to the Sabres and the Flyers this month. The Red Machine came on with four wins in a row. The forward line of Scrappy Scott, Stan the Man Massie, and Stormin Norman, made their opposition look as though they were standing still, or waiting for a bus. Tony Vaitalis, Gary Lewis and added to the Machine's front line, with their weaving and bobbing thru the big lines. Big Moon and Donny Parliament did exceptional jobs, by keeping their goal off limits to the oppositions shots on the net-minder, Bobby Lamoureux. Bobby was superb in the nets for the Red Machine. Dave Bryden and Dave Bowes new addition to the team were quite promising. They should come into their own in the playoffs.

The Sabres, who are still in first place, did well this month but not as good as the Mgr. Johnny McKernan would have liked. He was beside himself after the loss to the Red Machine on February 11th. He was a little hot! In fact, one reporter seen him cursing the refs(tch,tch,) All his yelling and screaming fell on deaf ears of Eddie Tolan, and Cooper. The fans were yelling for John to sit down, and take his loss like a man. I guess maybe John did not take into consideration his sq-

uad took a few foolish, and unneeded penalties. These were costly.

Gary Barnes, the Sabres big gunner took a misconduct, and so doing put his partner Dave Humphreys in pressure. Dave got somewhat carried away with the extra work, and he too picked up some extra penalties. Dave was really throwing the body about. Even big Moose, who is usually more conservative, began to belt the forwards coming at him. Larry (Tramp) Pentiluck played his usual game. We picked up a couple of goals, and put the body to the opposition as well. Bobby Young had a few minor problems with injuries, and so on, but he still popped in quite a few goals. Wayne Marki played their usual brand of good solid, and tough hockey.

Young Donny DeRosie took his team into second place. They have not played as well as they did earlier in the season, but then with the loss of Charlie Bonneville, and Gary Blacklock, its no wonder. Hopefully the new players will pick up the work. Wayne Chase, the heavy-wieght for the Flyers, continues to damage the foolhardy people who come into his defensive zones. his crisp hitting can be heard around the halls of the joint! His style can be deceiving. Sometimes he is just playing harder than other times. Dougie Faulds also played excellent for only having three of four games underneath his belt. Doug threw his body both into the opponents that got too close to his goal tender and also into the puck that was trying so desperately to

go where it was shot. John Martin this month was a little slower than usual. What happened John, your age catching up to you? Wayne Laterneau played his usual aggressive game. Throwing the body checks into his opposition and scoring from almost impossible angles. Al Guay wasn't as effective against opponents as he has been in the past games. Maybe he is doing more playing with the puck instead of shooting when he has an opportunity to do so. Whatever it is he hasn't done what he has in the previous games. Andy Simmons (when Don will play him) with his elbows flying into the chins of others and his stick trying to take the legs out from underneath his opponents did well. He doesn't see much floor time unless the Flyer manager doesn't have enough players to use. It is too bad. Teach is a fair player and when he is on the floor he puts his heart into the game. The rest of the Flyer squad (new men from R/D) did exceptionally well for only a few games they have played. If they are here next season (hopfully not) they will be a great help to any team. They all know where to put the puck.

Although the Red Machine is still in third place, this month for them was very exceptional. It seemed that their Manager Stuball Carr threatened the whole team with fines and loss of wages if they didn't win a couple of games. Whatever you said Stuball it worked. The Red Machine were like storm busters this month. The team had the fans up on their toes when they were on the floor. Stormin Normin was the biggest attraction for the fans. He was sandwiched, cross-checked, tripped, slashed and everything else but still he found the net to score goal after goal. He never let up with his fancy dan handling of the puck.

At times it seems that the opposition was mesmerized with his playing ability. Along with Stormin, Scrappy Scott, Stan the Man Massie, Tony Vaitalis, Gary Lewis evaded bodychecks, and trips from the men on the other teams.

Big Moon, and Donny Parliament did great work for the Red Machine on defense. Both layed the body to the opposition and also scored a great many goals, much to the joy of their teams manager.

I guess the manager of the Red team didn't know where the opponents net was. Well that just goes to show yu.

Can the Red Machine keep up this pace? What pace says the manager. We are just coming into our own right now. And what a time to start playing. Right at playoff time. Well for the Red Machine they all say they will do their best to keep it up and just maybe they will be able to at least meet Bobby Young and Company in the finals.

Good luck to all of you. It has been a terrific season and their isnt a team out there that should feel bad about loosing in the finals.

In the refereeing dept. Jonny Dodge Cooper and the big Eddie Tolan should be given a lot of credit. Not only for the fine job they did all season of refereeing the games but also being the ref's of the few fights that errupted this year. Well fellas all I can say is that you will have your job cut out for you all through the playoffs and I do not have any envy for your position on the floor. Good work and good luck for you in the playoff refereeing.

SCORECARD

TOP TEN PLAYERS

NAME	GOALS	ASSISTS	POINTS	TEAM
B. Young	146	109	255	Sabres
N. Mallette	121	44	165	Red Machine
L. Pentiluck	87	39	126	Sabres
A. Guay	71	29	100	Flyers
S. Scott	41	54	95	Red Machine
G. Barnes	42	51	93	Sabres
R. Lancaster	55	29	84	Red Machine
R. Marki	42	41	83	Sabres
P. Rogers	46	23	69	Sabres
D. Humphrey	19	35	54	Sabres

TEAM STANDINGS

TEAMS	GAMES PLAYED	WIN	LOSS	TIED	POINTS
Sabres	28	20	7	1	41
Flyers	27	14	12	1	29
Rd. Machine	27	7	20	0	14

GOALIE STANDINGS

NAME	GAMES PLAYED	WIN	LOSS	GOALS AGAINST	AVG.
G. Putman	16	13	2	187	11
D. Thibedeau	12	7	5	161	13
W. Hurlburt	26	13	12	364	14
R. Lamoureaux	25	7	18	381	15

Statistics by R. Greenfield and K. Lang

FOR THE RECORD

PLAYERS SCORING RECORD '77

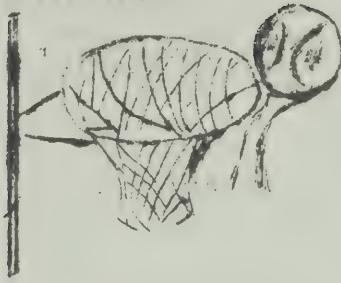
NAME OF PLAYER	GAMES SCORED IN	AVRG. PER GAME	TOTAL POINTS SCORED
J. Prince	24	19	456
R. Mundy	24	15	364
R. Lancaster	20	12	248
I. Brant	14	11	162
S. Johnson	21	10	212
Geauvereaux	20	9	185
P. Solomon	22	9	197
D. Parliamnet	18	7	120
N. Mallette	22	7	150
Lamont	19	6	116
T. Lane	15	6	90
B. Christian	18	5	96
D. Gillen	18	4	77
T. Harlan	15	4	70
W. Marki	16	4	60
R. Butler	12	4	53
J. Brooks	4	3	12

TEAM STANDINGS

TEAMS	GAMES PLAYED	WIN	LOSS	POINTS
BLUE	24	16	8	32
GREEN	24	13	11	26
WHITE	24	7	17	14

Statistics by Eric

BASKETBALL



Don Geauvreau with his outside shot was effective even though his manager did a lot of yelling at him not to shoot from so far out. But it didn't cut any ice with him. He just turned his deaf ear to Parliament and shot anyway. It was just as well that he did as Parliament couldn't see the basket and someone had to get points.

Robbie Robinson, Lamont, were not to be denied entrance on the court for the old man. With Lamont Parliament never knew when he was going to start hitting the basket for points. But to the surprise of the teams management he did have a good season. Robbie Robinson, who didn't play that much did exceptionall y well for the times he was out there he didn't score very many points but when Parliament poked him up it was already noted that Robbie wasn't very good at the game. But as he played he got better and I think he did learn something this season.

For the White Team it was the cryer Ralph Lancaster and Pete Solomon who did most of the scoring. There isn't really too much that can be said about other members of the Lanny squad because they very seldom saw the ball unless it was at the centre jump spot. Steve Frller hit also for the white team. Too bad Wayne Boullion didn't play more often because he could have been a great asset to them. In the few games that he did play in he hit hea-

vily and could smole every time he went up for a lay-up or jump-shot. Beep McCluskey who showed up for a couple of games had this to say. If Ralph and the rest would work the ball around they would be winning more of their games. But with out seeing the damned ball how does them there guys expect to win." Well Beep you do have apoint there. You can't shoot unless you have the ball to shoot.

To all the teams I wish them the best of luck with the play-offs. Because when the Angel and his squad get out there you will need all the luck you can muster. At least that is what John says.

VOLLEYBALL

This season Volley Ball saw three different commissioners. But it was I the last one, who made the season what it turned out to be. Stone Deaf (Wayne Barker) contributed to the success of Vollyball this year at the Bay. He wouldn't listen to all the crying about refereeing or about teams not having enough players. If you did have a beef that was legitimate then Wayne would listen. But, you did not bring simple or childish things to him.

For the Thunder-Birds Georges Marcotte is in there smashing the ball into the opponents court for point after point. Greg Connolly and Kreznick are the setters for Georges, and do a very good job at thier task Danny Robinson and Don Geauvreau set their player manager Don Parliament up for more of the same. Bob Young does well when he will come out and play. New editions to the T/Birds Bobby Christion and J. Fauld also do their job at getting points

and setting up either Parliament or Marcotte for the spike.

For the Vulcans it is Igor (Joe Brant) who smashes the ball into oblivion. Jason Franks and Doug Bates do a fine job of setting the "Igor" up. Stan Massie also works the hardest. Ron Mundy, and Jim Lane, do a lot of hustling, and their manager, John Jameison is doing as well as can be expected, seeing that he has a co-ordination problem. Just ribbing you Jamie. Lamont, Pentiluck do their required chores on the floor. The Spinners under the fine management of Norm Mallette have done fair. Little Hammer (Benj Mallette) has a little difficulty seeing that he is so short but he does give it all he has. Reg Mallote who has just started back to play after an injury to his hand is giving the Spinners the help they needed a long time ago. To bad you weren't there sooner Reg. Ralph Lancaster, Wayne Marki, Tommy Angrove, and Pete Solomon all did what is required of them. Eric Neilson even though having some trouble getting the ball over the net is starting to play like the rest of the squad.

Playoffs start soon fellows and it will be very interesting to see how things turn out for all of you. Good luck.

It wasn't until the season was almost over that we got four full time referees. Mike McNeil, Paul Lavigne, Robbie Robinson and Buggy Shemiman are doing a fine job. They do not listen to all the bickering and crying that the teams do when a call is made. They tell the team

captains that the call made is the call that will stand and that is all right. Good Work Guys.



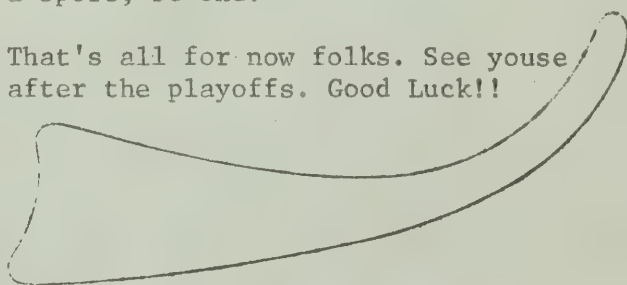
"THE" ALL STAR GAME:

The Collins Bay All Star Basketball Team played host to a Basketball squad from McAuthor College. Although the All Star's lost, they did show the outsiders that they know how to play the game. With only two short practices, the Collins Bay squad did quite well. The McAuthor squad could easily have slaughtered our team, but they chose to be sportsmen, and played for enjoyment.

The manager of the Bay team John "the black Angel" Brooks tried to get his team to rally for the win but to no avail. Well John, even though your squad lost, you really didn't lose your pride. Just get your boys out for more practice: doing lay-ups, jump-shots, and whatever else it takes to get your boys in shape for a win.

Well sports fans this is all for the month of February from here in the Disneyland of Canada. Like Max Jackson of C.L.C., "if you don't play a sport, be one."

That's all for now folks. See you after the playoffs. Good Luck!!



HEALTH CARE FOR ATHELETES:

When considering the warm-up exercises, we usually associate the common calisthenic exercise to be sufficient; however, we suggest that stretching is more important.

Proper stretching will prevent muscle tears from the tendinous attachments, and enable the performer to exercise vigorously without fear of injury.

The following changes take place in the body after a proper warm-up period.

1. Viscosity (friction because of a lack of fluid in the muscles) within the muscle is decreased. This allows the muscle to contract, and relax with greater speed.

2. Blood flow is increased to the muscles due to blood vessel dilation.

3. With increased blood flow, oxygen supply is increased.

4. Heart rate, blood pressure, respiratory rate are also increased and more energy producing nutrients are carried to the muscles and waste products are eliminated faster.

5. Temperature rise in active muscles.

There are several good exercise for stretching, and we suggest that you borrow the book from your library or the sports instructors in your gymnasium.

Along with exercising, and weightlifting, we suggest that you progress your workout so that when repeated it does not become stale, or too fatiguing. After a work out, you should feel refreshed, not bushed!

If strength is the primary need, the exercise should be geared for the development of strength. If endurance

is the primary concern, then, exercise should be done to develop endurance.

We feel that the area that should receive the most attention in any health program, be it weightlifting, body building, specific sports, or, just calisthenics is, the cardiovascular system; heart and arteries

The Effect of Training of the Cardio Vascular System:

With training, the heart becomes much more efficient, and is able to circulate more blood while at the same time, beating less frequently. The muscle contraction of the heart becomes more powerful, thus it empties itself more completely at each systole, and the stroke volume, and cardiac output are increased. As training progresses, the standard amount of work performed is noted by a decrease in the heart rate.

As these changes take place, the heart rate decrease, also indicates a decrease in the cardiovascular system as it becomes adapted to the exercise. This greater efficiency of the heart, enables a larger blood flow to reach the muscles, insuring an increased supply of oxygen, and fuel, and permitting the individual to reach higher levels of performance.

Training also effects the cardiovascular recovery process after exercise stops. The better trained, the sooner the heart rate and blood pressure return to pre-exercise level.

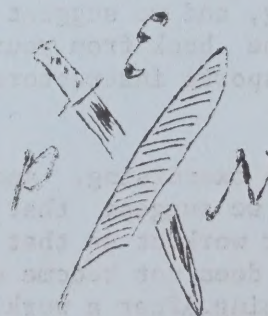
Finally, the person interested in creating a healthier body should visit the doctor, and have a check-up before attempting any strenuous training. There is an appropriate working level for the heart, and it depends upon your age, and the shape

While sitting, lower your head forward, your chin touching your chest then raise your head to your normal position again. Do this three times and then allow your head to fall backwards as far as it can, without

Another stress reducing exercise is deep breathing. Usually Yoga books offer the best exercises for deep breathing. Some of these exercises are quite simple, and they are very rewarding. Try them.

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